

Jobs available

Jobs are available on Baumholder for dining facility attendants and food service workers. Duties of dining facility attendants include cleaning and maintaining sanitation standards within the facilities. The entry level for these jobs is \$9.96 per hour with possible grade increases at the end of the first 26 weeks. Persons interested in employment can obtain more information from the Hanau Civilian Personnel Advisory Center by calling mil 322-8577 or civ (06181) 88-8577.

Red Cross

The Baumholder American Red Cross is looking for anyone interested in becoming a First Aid/CPR/AED instructor. Training includes new Workplace Training Injury Control Modules. Call ARC at mil 485-1760 or civ (06783) 6-1760 for more information on upcoming classes.

Workplace Training Classes

Baumholder's American Red Cross is now offering workplace training injury control modules including: Ergonomics, Workplace Violence Awareness, Back Injury Prevention, Managing Stress, Slips, Trips and Falls, Your Heart Matters. Each class is approximately one hour. Call the ARC at mil 485-1760 or civ (06783) 6-1760 for more information or to set up a class.

Red Cross calendar

- Aug. 7** - Volunteer Orientation
- Aug. 10 and 11** - First Aid/CPR/AED
- Aug. 17 and 18** - Baby-sitter Training
- Aug. 21** - Volunteer Orientation
- Aug. 24 and 25** - Healthy Pregnancy Healthy Baby

ACAP services

Baumholder's Army Career and Alumni Program office hours are from 7:30 a.m. to 4:30 p.m. ACAP is also open during lunch to assist clients. Soldiers scheduled to leave the Army can get information about their options at ACAP. ACAP offers preseparation briefings, job assistance workshops and job assistance counseling that can help soldiers review their options and assess how the skills developed in the Army can be transferred into civilian life. Soldiers can make appointments for ACAP services at

mil 485-6741/6330 or civ (06783) 6-6741/6330.

Job assistance

ACAP offers job assistance workshops and counseling to help with the transition from the military to the civilian job market. Workshops are offered by formal instruction every other Wednesday. The next formal workshop is Aug. 8 from 8:30 a.m. to 4:30 p.m.

Job assistance can also be accessed through ACAP's new computer system and covers such topics as how to create a resume, find jobs, network, and interview. Clients can cover topics by computer at their own pace.

Call to schedule an appointment, or drop by any afternoon to work with ACAP's computer-based job assistance tools. For more information, contact ACAP at mil 485-6741/6330 or civ (06783) 6-6741/6330.

Preseparation

Soldiers are required to complete a mandatory preseparation briefing at ACAP no later than 90 days before their estimated separation date. Appointments are available every day at 9 a.m. and require approximately an hour and a half.

Spouse ACAP

Any family member of a soldier scheduled to leave the Army is eligible to receive services from ACAP. Orders are not needed and the sponsor does not have to be present for the spouse to attend ACAP classes or to receive assistance from ACAP counselors. Even if a soldier is deployed, spouses can still receive ACAP assistance in Baumholder.

ACAP offers job assistance workshops and professional counselors to help advise during the career transition process. Counselors will help clients think through issues such as a civilian budget, searching the job market, writing a resume, and preparing for job interviews. Take advantage of ACAP services now to begin planning for the future.

Call to schedule an appointment at mil 485-6741/6330 or civ (06783) 6-

6741/6330.

CARE Fair

The Baumholder Community Activity Registration Event, better known as CARE Fair, will be held Aug. 24 from 10 a.m. to 7 p.m. at the Rheinlander. This is a free event where various organizations and local businesses come together and show people what services and products they offer. For more information on this event contact Army Community Service at mil 485-8188 or civ (06783) 6-8188.

Foster care

The Army Community Foster Care Program is looking for foster care families. A foster care program is designed to provide a needy child with a temporary home in which she or he can find love, happiness and protection. Foster parents are people who know that parenting is not easy. They are familiar with the stresses of raising a family and are ready to help out in a crisis. They are willing to extend the love they share with others. Foster parents are very special people. All interested families should contact the foster care coordinator at mil 485-8188 or civ (06783) 6-8188.

NOW

Baumholder NOW - Newcomer's Orientation and Welcome is a program for spouses in the Baumholder military community. This is a three-day orientation designed to welcome and inform spouses of military members and civilian employees to Baumholder by providing relevant information and developing skills for living in this unique environment. Spouses will learn about Germany and the local community through briefings on customs and a survival German language and cultural adaptation class. Spouses, new to the military or not, will also have an opportunity to attend an introductory class to the Army life-style. Field trips on the economy will provide them with practical skills in using German public transportation and local shopping. Free transportation and child care is available for all registered participants during the orientation. All participants must register with ACS, to learn more about this program stop by ACS in Building 8746 or call mil 485-8188 or civ (06783) 6-8188.

Single parents

Army Community Service has a new service targeted at single working parents. The Sole Parent Support Service is designed to introduce single parents to one another

and increasing the understanding and appreciation of oneself as well as one's children, by exploring and discussing the advantages and disadvantages of being a single parent. Call ACS at mil 485-8188 or civ (06783) 6-8188 for more information on these services.

Story hour

The Baumholder International Spouses Club and the Story Book Hour will not meet again until later in August.

Team building

Army Family Team Building and ACS Outreach invite everyone to join their Family Readiness Group Leader Training, Aug. 1, 2, from 6-8 p.m. in the AFTB classroom, Building 8746. For more information call ACS at mil 485-8188.

ACS calendar

- Aug. 8** - Conflict Resolution Skills, Baumholder NOW, Consumer Scams and Bad Habits,
- Aug. 9** - Challenges of Blended Families
- Aug. 13** - Assertiveness Training
- Aug. 14** - Anger Management and Coping Skills
- Aug. 15** - Developing A Positive Self Esteem, Principles of Personal Finance
- Aug. 16** - Love and Logic Parenting
- Aug. 20** - Successful Parenting
- Aug. 21** - Stress and Time Management
- Aug. 22** - Conflict Resolution Skills, Planning and Budgeting
- Aug. 23** - Challenges of Blended Families

For information about classes listed or services provided call mil 485-8188 or (06783) 6-8188.

MWR update

Basketball

The 222nd Base Support Battalion 2001 summer basketball league runs through Sept. 6. Team and individual awards will go to first and second place teams in the playoffs. For more information call the Baumholder Sports Office at mil 485-6671 or civ (06783) 6-6671.

CYSfun

Your child doesn't have to play video games eight hours a day this summer. Keep them busy with fun activities sponsored by Baumholder Child and Youth Services. Call your local School Age Service, Child Development Center or Youth Services central registration for more information about this month's activities and to find out what's planned for August. The Child and Youth Services Central

Registration Office is located at the Health Clinic, Building 8743. For more information call them at mil 485-7003/6968 or civ (06783) 6-7003/6968.

Camping fun

A campout and white water rafting trip to Garmisch is scheduled Aug. 17-19. The departure time is midnight Aug. 17 from the Underground and the return time is 7 p.m. Aug. 19. The cost is \$60 and includes two nights of camping in Garmisch plus a white water rafting course.

Amusement park trip

A trip to Warner Brothers Park is scheduled for Aug. 25. The bus departs at 6 a.m. and returns at 9 p.m. The cost is \$20 plus spending money.

Youth Services is hiring

Youth Services is looking for enthusiastic, motivated, creative and fun people to work with youth. People interested in this opportunity should be proactive and have a genuine interest in seeing youth succeed. Pay starts at \$7.67 per hour and is linked to performance and training. Interested applicants can contact the Nonappropriated Fund Personnel Office at mil 485-6566, or Youth Services at 485-7276 or civ (06783) 6-7276.

Auto crafts

Is your \$500 car giving you trouble again? Don't get mad. Learn to fix it at Baumholder Auto Crafts. Call Baumholder Auto Crafts for more details at mil 485-6344 or civ (06783) 6-6344.



Outdoor fun

Looking for a little fun and adventure? Check out Baumholder Outdoor Recreation's white-water rafting and ski trips to Austria, Swiss Alps hiking trips, not to mention three-day tours of Italy and a host of shopping and sight-seeing outings. For a complete schedule of this month's activities, call mil 485-7182 or civ (06783) 6-7182.

Arts and Crafts

Capture your special moment at Baumholder's Keepsake Arts and Crafts. Their portrait studio offers a variety of photography packages for babies, families, seniors and even wedding photos. For an appointment or more information call mil 485-6687 or civ (06783) 6-6687.

Child and Youth Services sports

Fall soccer, flag football, tackle football and cheerleading registration runs through Aug. 17. The cost is \$25 for the first child and \$20 for each additional child.

Polizei seeks leads in assault, shooting case

Polizei authorities in Birkenfeld are seeking assistance in locating three individuals who allegedly assaulted and shot an off-duty German policeman at approximately 2 a.m. July 18 between Hoppstaeden and Heimbach while he was attempting to assist a woman that the three individuals were reportedly assaulting.

The off-duty policeman was driving home on L-169 when he passed a parking lot and saw a woman being assaulted by an unidentified man.

The woman was yelling for help as she was being beaten and kicked

by her assailant, according to the policeman.

The policeman stopped to help the woman and was immediately assaulted by two men. He managed to subdue both but the third one, who was assaulting the woman, fired two shots at the policeman. One shot hit his car and the second hit the policeman in the leg and severely injured him.

Police are also seeking information on the whereabouts of the victim. According to the injured policeman, she was kicked in the lower stomach and could be seriously injured.

Anyone who may have witnessed this assault and can provide information is asked to contact German police officials in Birkenfeld at (06782) 99124 or the Trier Police Presidium at (0651) 977-9955. Persons may also provide confidential information by calling (0651) 44622, also in Trier.

Police have one lead, one of the license plates on the vehicle used by the alleged assailants was improperly mounted and should be hanging lower than normal. A club believed to have been used to assault the policeman was also found at the scene.

30 km freedom march set in Belgium

MONCEAU-IMBRECHIES, Belgium — The Foundation Belgo-Américaine hosts a 10, 20 and 30-kilometer walk Sept. 1 to commemorate the liberation of Belgium during World War II. (The walk is not IVV sanctioned.)

On Sept. 2, 1944, elements of the 9th Infantry Division suffered its first casualties in ground combat

on Belgian soil. The march begins and ends at the battlefield site near the town of Monceau-Imbrechies.

The foundation encourages American unit participation, and offers free camping for those units, as well as for civilians. Cooking fires and barbecue kettles are allowed. The camp site, next to Café du Musée opens in the afternoon of

Aug. 31. A small entry fee in Belgian francs entitles the walker to a commemoration sticker. Other souvenir items may be purchased separately.

Those wishing to reserve a camping space must call the 80th Area Support Group Public Affairs Office by Aug. 17. Call mil 361-6031/5419 or civ (0032) 68-27-6031/5419; fax: mil 361-5106.

Curfew policy outlined

Now that summer is finally here and Baumholder's youth are out of school, several questions have surfaced regarding Baumholder's curfew policy. According to Baumholder's Provost Marshal, Maj. Stephen D. Wise, The only restriction that exist regarding curfew is that children 14 to 17 years old must be indoors after 11 p.m.

According to policy established by the 104th Area Support Group, children under 14 years of age will be inside their own or someone else's quarters between 9 p.m. and 6 a.m. Younger children, of course, should not be out at all after 9 p.m.

Baumholder's policy is a little more extensive and outlines locations that youth can or cannot visit. The policy states that family members under the age of 18 years will only be allowed to visit

single soldier quarters when accompanied by a parent. In that respect, soldiers will not allow family members under the age of 18 into single soldier quarters unless accompanied by a parent.

Additionally, family members under the age of 18 years may not visit establishments whose primary business is serving alcohol to include hard liquor, such as bars, under any circumstances.

Family members 15 years of age or younger may visit establishments that serve beer and wine, but must be accompanied by a parent.

Family members 16 to 17 years of age, however, may visit establishments that serve beer or wine (not hard liquor) without being accompanied by a parent.

For more detailed information contact Baumholder's provost marshal at mil 485-1580.

School registration on in August

Although its summer and going back to school is the furthest thing from children's minds, Baumholder's schools are holding continuous registration from 9 a.m. to 3 p.m. daily throughout August. All schools hold an open house starting at 11 a.m. Aug. 27. School also starts Aug. 27.

Wetzel holds a new student/parent orientation Aug. 10 from 1:30 - 2:30 p.m. in the school's media center.

Registration on for next college semester

University visit

A University of Maryland academic advisor will visit the Baumholder Army Education Center Aug. 20. Call mil 485-6178 for an appointment.

College classes

City Colleges of Chicago-Europe is offering History 111 as a TNET/Digital classroom course from Aug. 20 to Oct. 1 at Baumholder. Classes will meet Mondays and Wednesdays from 6 - 9 p.m.

This course will be sent to Baumholder via satellite from Vilsec. The program utilizes the latest in instructional technology and will be offered at Baumholder's own Digital Training Facility. Contact Jaime Shelbert at mil 485-6178 for information.

GI Bill changes

Public Law 107-14 recently approved by the Congress addresses the use of the Top-Up provision for those who use the Montgomery GI Bill. Changes presented by this law will affect the Montgomery GI Bill entitlement so soldiers should talk to an education counselor if they have used the Top-Up provision already. Call the education center at mil 485-6487 for more information.

Auto exams

The Automotive Service Exams will be offered at Baumholder Nov. 13-15. Exams must be requested at the Baumholder Army Education Center before Sept. 5. Call Bill Badger at mil 485-6487 for more information.

Maryland

Registration has begun for the next college semester with the University of Maryland. A full range of college courses is available. Register early, since class space is limited.

Adult education

Baumholder's Adult Education Program is now offering registration for the next semester. Language courses offered include Conversational German, Italian and Spanish. Call Bill Badger at mil 485-6487 for

more information.

Field rep

The University of Oklahoma field representative from Ramstein Air Base will visit the Baumholder Army Education Center Sept. 5 from 11 a.m. to 3 p.m. People who wish to discuss Oklahoma's graduate degree programs are invited to meet with the university's representative. Call mil 485-6487 for more information.

Tuition aid

Active Duty Service members may be eligible to use both, Army Tuition Assistance, and their Montgomery GI Bill benefits to pay for college tuition at the same time. Talk to an education counselor today to see if you qualify. Call Bill Badger at mil 485-6487 for more information.

VEAP

Active duty members with VEAP education benefits may be eligible to convert to the more lucrative Montgomery GI Bill Program. Visit the Baumholder Army Education Center today to see if you qualify. It is not necessary to have money in your VEAP account to convert. Call Bill Badger at mil 485-6487 for more information.

Operating hours

The Army Learning Center, Building 8108 is now open Mondays through Thursdays from 9 a.m. to 9:45 p.m. Friday hours remain 9 a.m. to 5 p.m. The Center is closed daily from 1 - 2 p.m. for lunch. Visit the Learning Center for CLEP, GED, SAT, ACT, AFCT, and MOS study material. You will also find an on-line bookshelf with the latest

Army regulations and pamphlets. Call Lonnie Allen at mil 485-6484 for more information.

Computer use

People who use the computers located in the Army Learning Center, or the University of Maryland's Computer Lab, are required to complete the on-line USAREUR Computer Users Test. This test can be taken at any location that has computers connected to the Army's local area network.

A copy of the users license must be shown before using the computers. Taking the test on the same day you wish to order a military correspondence course may be difficult due to the limited number of computers on-hand, so plan ahead. For more information, call Lonnie Allen at mil 485-6484.

Women boxers eye Golden Gloves

Ignacio "Iggy" Rubalcava
Staff Battalion Public
Affairs Office

They are the current USAREUR boxing champs in their weight class, they are on their way to the Golden Gloves competition – and they are women.

Baumholder's boxing team, under the direction of coach Kenneth Williams, fields four women, three are on their way to compete in this year's Golden Gloves competition in Augusta, GA. Aug. 8 through 12, an amateur non military event open to all women in the U.S., including military members.

The USAREUR boxing championships served as a launching point for the women. This was the first time that women participated in the USAREUR boxing competition and all of Baumholder's women boxers were victorious in their respective weight class.

"It's a challenge for me. It's a new experience and it's a lot of dedication and work," said Magda Carroll, one of the women on her way to the Golden Gloves. Carroll boxes in the featherweight class.

The other two traveling to the Golden Gloves are Belinda Wheatley, a welterweight boxer and Theola Rivera, who boxes in the lightweight class. Both agree that it was the challenge that drew them to boxing as well as the opportunity to try something new and adventurous. The fourth woman member of Baumholder's boxing team is Dawn Sidney, a light featherweight boxer. All four are members of Delta Company, 123rd Forward Support Battalion.

"All of our husbands were in Kosovo, so we had some extra time. It's not just running and doing aerobics. It's something completely different that I've never done before," said Wheatley. "I'm going with a positive attitude. I know I'm going to do my best," said Wheatley about going to the Golden Gloves competition.

"I always like to do new and adventurous things," said Rivera. "But I really didn't have extra time because I have a son so his second home was the gym, with me."

All novelty aside, Baumholder's women boxers are treading on traditionally male dominated territory so it has become an uphill struggle for them. All have taken on the



Photo by Ignacio "Iggy" Rubalcava

Golden Gloves hopefuls from left to right are Sgt. Magda Carroll, Sgt. Belinda Wheatley and Sgt. Theola Rivera. The three are members of Baumholder's boxing team and are on their way to compete in the U.S. Amateur Golden Gloves competition in Augusta GA. Aug. 8 through 12.

additional challenge of breaking new ground and paving the way for future Army women boxers.

"I feel good," said Rivera. "I'm ready to go over there and win." Challenging the status quo she added, "The Army allows females to box, but yet they don't let us take it higher and go All Army. They don't have females on the All-Army team. Maybe this will open some eyes and make people realize that we're just as competitive as the men."

Echoing Rivera's concern, Carroll added, "Our main goal is to do our best to show the military that not only males should be allowed to be on the All Army team. Females are just as good as them, and this is another of our main goals, to prove to everybody that we can do it. This shouldn't stop here for us. Our doors shouldn't close right here."

"We all won the USAREUR championship in our weight class already so what else is there to do? If you ask a male boxer in that

perspective he will tell you, in order to move up, the next step is to put in an application for the All Army team. That's what any male boxer would do if they have already won the USAREUR championship.

"For us, nobody has told us that we can't do it. It's just the fact that no female has ever done it. We're the first females to do it so hopefully we'll have support from everybody in the chain of command and acknowledgment that females should be allowed in the All Army team also," said Carroll.

"We have to work twice as hard," said Rivera. She explained that when men win the USAREUR championship and they submit their application, they automatically get selected for All Army. "Because we're females we're being discriminated against. And we're going to change it," said Rivera.

Carroll explained that all three of them are married and their spouses are also in the military so they have the additional respon-

sibility of being a wife, of being a military spouse, of being a soldier and at the same time, doing all the functions their mission requires them to do. "That hasn't stopped either one of us from training every day. We're there every day training, go home, cook dinner, wash clothes and so on, and often while our husbands are in the field," said Carroll. "I don't think a lot of people realize how much we have put into it," she added. "And for them later down the road to tell us, sorry you can't go, it would be such a disappointment for all of us and for every female in the military who's put so much into it, like I know we have," said Carroll.

So when it comes to the bottom line, the three adventurous women boxers and their fourth team member are all looking for support in paving the way for themselves and future women boxers. "That's the main focus that we want to put into it, support. Support from the chain of command, support from everybody in the military, support from the gym and support from the community because we're representing Baumholder," said Carroll. "If anything, we're making Baumholder stand out," she said.

Carroll explained that women involvement in boxing has received much notoriety throughout USAREUR this past year.

"This is not something that we're making up, this is something that we hear all the time. "Oh they've got females now, females are boxing now." We have made history in Hanau, in Ansbach, Budigen and here in Baumholder and even at the USAREUR championships.

"So this is something great and hopefully everybody out there can open their eyes and see what we're trying to do. Everybody has their own personal reasons but we're also doing it for the future females in the military who might want to become involved in the sport. You know, make it easier on them. Somebody has got to break the ice."

This was the first time that women participated in the USAREUR boxing championships and all of Baumholder's women boxers brought home a victory in their weight class. In a proud reflective tone, Rivera summed it all up, "In every fight, we've made history."

Sports roundup

Calendar of events

Aug. 9-10 - 104th ASG Unit Level Softball Championship in Hanau

Aug. 18-25 - Baumholder Sports Week, activities include:

- **Aug. 18-19** - Seventh annual Baumholder "Summer Splat" Racquetball Tournament

- **Aug. 20-24** - 3 on 3 Basketball Tournament in Mountaineer Fitness Center

- **Aug. 20-24** - Flag Football Tournament on Iron Soldier Fields

- **Aug. 25** - German/American Martial Arts Tournament, 10 a.m. in Mountaineer

- **Aug. 25** International Boxing Night, 7 p.m. in Hall of Champions

Aug. 20 – 5 Sept: Baumholder Indoor Pool

closed for repairs

Sept. 1-3: Baumholder Unit Level Flag Football Preseason Tournament

Sept. 5 - Unit Level Flag Football season starts

Sept. 15-16 - Second annual Baumholder Rugby Invitational on Minnick Field

Sept. 26-30 - USAREUR Wrestling Coaches and Officials Clinic in Baumholder

Sept. 29-30 - Baumholder Wrestling Invitational in Hall of Champions

Call the Sports Office at mil 485-7176 for more information.

Swim camp

The Kaiserslautern Kingfish Swim Team holds a swim camp Aug. 20 – 24 at the Landstuhl pool for ages 6 to 18. Interested

persons can find out more about the camp and register during the Kingfish rally day Aug. 18 from 10 a.m. to 2 p.m. in the Ramstein Middle School multipurpose room. For more information call (06313) 60-9298 or (06373) 89-4227.

The Kingfish are a nonprofit age-group swim team and part of the European Forces Swim League. They hold all of their swim meets and half of their practices at the Baumholder pool. High school students can earn varsity and junior varsity letters through the team's program.

Sports week

The Baumholder Sports Office will host a sports week Aug 18-25. The action starts Aug. 18-19 with the seventh annual Summer

Splat racquetball tournament at the Mountaineer Fitness Center. Several skill divisions will be offered. A 3 on 3 basketball tournament is scheduled Aug 20-23, also in the Mountaineer Fitness Center, along with a flag football tournament on Iron Soldier Field. Registration deadline for both of these events is Aug. 15

The sports week concludes Aug. 25 with two major events. A German/American Martial Arts tournament will be held in the Mountaineer Fitness Center starting at 10 a.m. Many martial arts teams from the local area will compete. Registration is from 8-9:30 a.m. Hall of Champions will be the site for the ever popular Baumholder boxing night. Boxers can register from 10 a.m. to 1 p.m. The doors open at 6 p.m. and the boxing starts at 7 p.m.

Deadly reminder unearthed Construction crew discovers WW II Bomb

By Ignacio "Iggy"
Rubalcava

222nd Base Support Battalion
Public Affairs Office

The past came back to haunt Baumholder when a World War II era bomb was unearthed on Smith Barracks June 16 by contract construction employees working at a site near the Laundromat and 2nd Brigade dining facility. Construction workers immediately notified the German Polizei who in turn alerted the Baumholder Military Police and the explosive ordnance disposal team in Koblenz. The 720th EOD from Manheim also responded to the scene.

At about 4:45 p.m. the 222nd Base Support Battalion fire department was notified by the military police that a bomb had been discovered at a construction site near Building 8325.

Construction workers were excavating the site for installation of an oil-water separator when they unearthed the explosive that was buried under 10 feet of soil. The fire department responded and secured the area. As a precautionary measure, a 300 foot cordon was established and Lt. Col. Eric Wagenaar, 222nd BSB commander, ordered an evacuation of every building within



Contributed photo

the 300 foot radius.

Wagenaar assembled all the members from the Crisis Management Team to establish a plan of action and then he activated the Emergency Operations Center to help coordinate the bomb's disposal. He remained at the scene throughout the entire defusing and removal operation, directing support actions from the fire department's new command vehicle that offers everything from fax and telephone service to digital imaging.

The EOD team from Koblenz defused the bomb at approximately 9:45 p.m. They removed the bomb and the contract employees were allowed to return to work the next day.

Discovery of the live explosive from World War II mobilized various agencies from the 222nd BSB, such as logistics, security, force

protection, operations and public affairs. "Everyone got involved in the operation," said Madeleine Dwoiakowski, 222nd BSB Public Affairs officer. "This sort of thing doesn't happen often on Baumholder but our security folks have put us through various disaster response scenarios so everyone knew what they had to do," she said.

"It was an excellent example of the German/American cooperation ..."

Ironically, this deadly reminder of a world at war served to demonstrate the excellent host nation support and cooperation that exists on a daily basis. In addition to the German EOD team from Koblenz, German Polizei officials were among the first on the scene after being alerted by the German contractor working at the site. A German Army munitions specialist from Camp Aulendorf also responded to the emergency.

"It was an excellent example of the German/American cooperation that exists in the Baumholder com

Annual volksmarch on for weekend

The Baumholder Bahnbrecher Volksmarching Club has scheduled its annual volksmarch for Aug. 11 and 12 with start times of 6 a.m. to 2 p.m. Aug. 11 and 6 a.m. to 1 p.m. Aug. 12.

The starting and finishing point is the Baumholder Brühl Halle and the march ends at 6 p.m. Aug. 11 and 5 p.m. Aug. 12.

There will be 5, 10 and 20 Kilometer routes available to choose from.

For people new to Germany and unfamiliar with the volksmarch custom, volksmarches are a time to come out and get some exercise walking through German countryside, meeting new friends and enjoying food and drink after the march and sometimes during the march. Walking trails are laid out throughout the town and country side with various checkpoints along the way.

At the end of the march, participants who paid in advance are presented a token commemorating the march. This year, the Bahnbrecher Volksmarching Club

will present ceramic mugs with pewter lids to the marchers upon their return.

This year marks the 22nd anniversary of the march in which German and Americans have come together for a day or two of camaraderie.

"The U.S. and German residents of Baumholder are proud of the strong bond and heritage which binds the communities together. Our German friends and neighbors greet us with warmth and hospitality, thus making us feel at home," wrote

Lt. Col. Eric Wagenaar, 222nd Base Support Battalion commander, in his welcome remarks that appear on the flyer advertising the march.

"The encouragement you give us as we attempt to learn your culture and language demonstrates your willingness to cross national and international boundaries and to reach out with genuine friendship. To all participants of this volksmarch, I extend a most cordial and warm welcome," he said.



Know the truth about high protein diets

By Elisabeth Kadlec, RD
and Lea Anne Lambert, RD

Baumholder WIC-O

Fad diets - the truth

Most people today have tried a diet at least once to lose that extra weight. Most of the time a friend probably recommended the diet. How many times have you heard, "you have to try this new diet, you loose so much weight". You may have even heard about the same "new" diet. Diets such as these are called fad diets and usually come and go throughout the years. Fad diets also ban or limit a specific food or food group, claim that food can change body chemistry, or blame hormones for weight problems. Fad diets are not a long-term solution for weight loss or a healthy life style.

One of the most popular fad diets today is the Atkins diet, which is also called the Mayo-clinic diet or high protein diet. If you are currently following or thinking of following the high protein diet you should know the risks associated

with it.

What High Protein Dieters Claim

- Carbohydrates make people fat by stimulating excess insulin, which then promotes more fat storage.
- More muscle is built by eating more protein
- By eating more fat, the body burns fat better, which in turn helps promote weight loss and better athletic performance.
- Ketosis "is one of life's charmed gifts" because it suppresses appetite.

What is really going on?

- Carbohydrates are the body's main energy source and are needed to maintain heart, nerve, and brain function. In fact without a constant supply of carbohydrates in the bloodstream, the brain could go into a coma.
- Insulin is released into the bloodstream when carbohydrates are consumed. However, carbohydrates are only stored as fat when one eats more calories than the body needs. Bottom line people gain weight when they overeat regardless of the source of the calories

Water loss

When eating few or no carbohydrates, the body starts to use the carbohydrates it has stored in the liver and muscles. This tiny storehouse will only last 12 to 48 hours. Since glycogen (the stored form of glucose and carbohydrates) holds as much as 3 times its weight in water, dieters will celebrate as their scales show a big drop in water weight.

Ketosis

Like cars without gasoline, your body will begin to get desperate to find some carbohydrates in order to keep functioning. Now the process of converting the protein you are eating to carbohydrates begins. This kicks the liver into overdrive and forms toxic substances that build up in the blood, called Ketones. The kidneys have the added burden of flushing away the toxins by putting out a lot of urine. Which leads to even more water weight loss.

Ketosis will suppress your appetite because the body is in a state of starvation, it will also cause bad

breath, light-headedness, dizziness, and fainting.

High protean secrets

The secret to these high protein regimens is that they are very low-calorie diets in disguise. In fact many are as low as 800 calories per day. At calorie levels this low the body will have to cannibalize some of its own muscles and vital organs to sustain itself. Since lean muscle weighs more than fat, people will continue to lose weight, but will also lose precious calorie burning tissue.

Health risks

- High fat diets (high protein diets are high in fat) increase the risk for developing heart disease, stroke and cancer.
- Will promote loss of calcium from bones- increases your risk of developing osteoporosis.
- Can cause metabolic imbalances such as hypoglycemia (low blood sugar), and other mineral imbalances
- Can intensify the symptoms of PMS
- Increased risk of developing

arthritis, psoriasis, Chron's disease, and diverticulosis (inflammatory disease of the intestines)

- Can damage liver and kidney function
- Can cause constipation, due to lack of fiber

Things to think about

Myth- More muscle is built by eating more protein

Truth- If life were that simple, couch potatoes could fill up on hot dogs and salami and look like Mr. Universe

Myth- By eating more fat, the body burns fat better, which in turn helps promote weight loss and better athletic performance.

Truth- If the above were true the more greasy French fries people ate, the thinner and more athletic they would be.

A calorie is a calorie is a calorie, no matter where it comes from. If you are taking in more calories than your body needs, the more weight you will gain.

Balance and moderation of all food groups is the key to a healthy life-style.